

FREEZE DRIED PEACHES

INGREDIENTS: Peaches, Sugar, Ascorbic Acid, Citric Acid.

Net Wt. 2.8 oz (79g)

Nutrition Facts	
Serving Size 1/8 pouch (10g) Servings Per Container 8	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 0g	
Vitamin A 6%	Vitamin C 2%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

FREEZE DRIED STRAWBERRIES

INGREDIENTS: Strawberries

Net Wt. 1.4 oz (40g)

Nutrition Facts	
Serving Size 1/8 Pouch (5g) Servings Per Container 8	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

FREEZE DRIED BANANAS

INGREDIENTS: Bananas, Citric Acid, Ascorbic Acid.

Net Wt. 3.1 oz (88g)

Nutrition Facts	
Serving Size 1/8 Pouch (11g) Servings Per Container 8	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 1g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

FREEZE DRIED APPLES

INGREDIENTS: Apples

Net Wt. 1.4 oz (40g)

Nutrition Facts	
Serving Size 1/8 Pouch (5g) Servings Per Container 8	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

VANILLA PUDDING

INGREDIENTS: Sugar, Dextrose, Food Starch-Modified, Nonfat Dry Milk, Palm Oil, Corn Syrup Solids, Sodium Phosphate, Disodium Phosphate, Salt, Sodium Acid Pyrophosphate, Titanium Dioxide (color), Sodium Caseinate, Dipotassium Phosphate, Carrageenan, Monoglycerides, Corn Starch, Artificial Flavor, Propylene Glycol, Yellow 5, Yellow 6, Water.

CONTAINS: MILK.

Net Wt. 7 oz (198g)

Nutrition Facts	
Serving Size 1/8 Pouch (25g) Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CARAMEL SAUCE

INGREDIENTS: Brown Sugar, Corn Syrup Solids, Cellulose Gum, Natural and Artificial Flavors, Caramel Color.

CONTAINS MILK.

Net Wt. 3.5oz (99g)

Nutrition Facts	
Serving Size 1/8 Pouch (12g) Servings Per Container 8	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CREAMY YOGURT STYLE DESSERT

INGREDIENTS: Palm Oil, Sugar, Natural Yogurt Flavor, Sweet Whey, Nonfat Dry Milk, Food Starch - Modified, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Natural and Artificial Flavor, Cellulose Gum, Xanthan Gum, Tara Gum, Salt, Dipotassium Phosphate, Mono and Diglycerides, Sodium Stearoyl Lactylate, Carrageenan.

CONTAINS MILK.

Net Wt. 3.5 oz (99g)

Nutrition Facts	
Serving Size 1/8 Pouch (12g) Servings Per Container 8	
Amount Per Serving	
Calories 50	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	